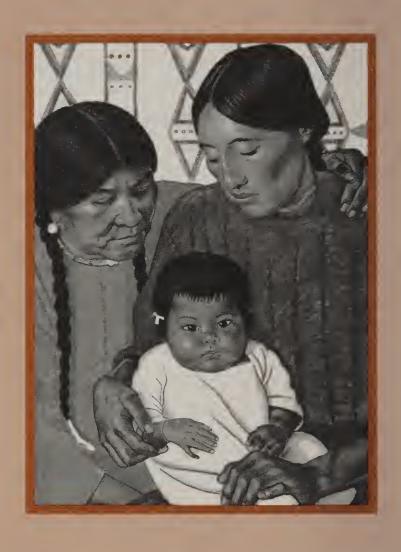
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Becoming a Smoke-Free Family



Tobacco Abuse Can Harm Your Family



Children who breathe in cigarette smoke are more likely to suffer from

- ▲ Asthma
- ▲ Pneumonia
- ▲ Ear Infections
- ▲ Colds

Adults who breathe in smoke from cigarettes have a higher risk of

- ▲ Lung Cancer
- ▲ Heart Disease
- ▲ Asthma

Children Learn By Watching Adults

- ▲ Children of smokers are more likely to become smokers themselves.
- You are a role model for children in your life.
- ▲ Teach children to respect traditional tobacco use and avoid tobacco abuse.

For more information or help to quit smoking contact

Your doctor, caregiver or local tribal health clinic

California Smokers' Helpline 1-800-662-8887

American Lung Association 1-800-LUNG-USA

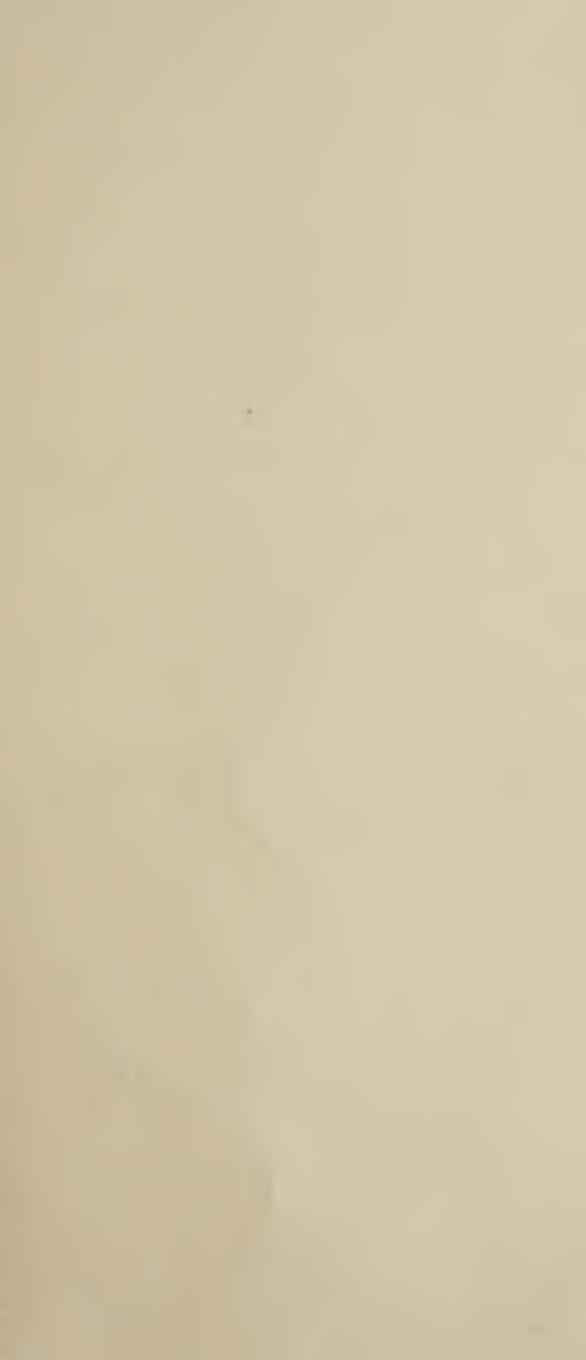
American Cancer Society 1-800-ACS-2345

Protect Your Family

Create a smoke-free home and car

- ▲ Ask others not to smoke in your house or car. Tell them it is for your children's health.
- ▲ Get rid of ashtrays.
- ▲ Put up a sign to show that your home is smoke-free.
- If you smoke, smoke outside, away from your children.
- ▲ Ask your tribe to adopt a no-smoking resolution.





Benefits of Creating a Smoke-Free Home

- ▲ Your family will be healthier
- Your children will be less likely to start smoking
- ▲ Your risk of fires and accidental burns is lower
- Your furniture and walls will stay cleaner
- Your hair and clothing won't smell like cigarettes
- Your guests will enjoy the clean, healthy environment
- You will be honoring and respecting our native traditions



Protect your family and take care of yourself!



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